

ANGERRRR!

Do not put out the Spirit's fire.

1 Thessalonians 5:19

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31,32

Cease from anger.

Psalm 37:8

*But I tell you that anyone who is angry with his brother
will be subject to judgment.*

Matthew 5:22

In your anger do not sin.

Psalm 4:4

*In your anger do not sin,
do not let the sun go down while you are still angry.*

Ephesians 4:26

Anger in itself is neutral. It is neither right nor wrong, appropriate or inappropriate, holy or sinful. But... it is what the anger is based on and how anger is expressed that determines whether the anger is right or wrong. Anger may be used constructively or destructively.

Dwight Carlson

Anger itself is actually a secondary feeling – it's a reaction to something, an insult, a threat, a response to frustration. The primary feeling is usually hurt, intimidation, belittlement, fear, or frustration.

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There are a lot of misconceptions about anger

1. If you don't look, feel, or seem angry, you don't have an anger problem.
2. If you ignore your hurts and anger, they will go away and won't cause you any trouble later.
3. Just let all your feelings and anger hang out—just get them out of your system—and you'll solve your anger problems.

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4. It won't cost me too much emotionally to be a nice person who never gets angry at anybody.
5. If I express my hurts and anger to the person I'm angry at, our relationship will suffer.

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Anger can be divided into –

1. Anger in

Anger in is marked by feelings of anger, hostility (an attitude of ill will) and aggressiveness and turns inwardly upon themselves

2. Anger out

Anger out is marked by feelings of anger, hostility or aggressiveness but are expressed externally

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Some reasons we are reluctant to express feelings of anger are:

1. Fear of retaliation
2. Fear of rejection – the other person won't want to associate with them.
3. Fear of hurting others – the other person won't be able to handle it.
4. A sense of it won't change anything.
5. It's very uncomfortable for both sides.
6. Some people get so much praise for being so "nice" they don't want to lose that image.

7. Many people have been taught that standing up to others is wrong. They think that nice, religious people always accept things meekly.
8. Some people have only seen confrontation carried out in an aggressive way.
9. Some people have never learnt how to handle anger properly.
10. Some people live with large amounts of unresolved anger and are continually hovering around boiling point. Confrontation may cause an eruption!

HANDLING OUR ANGER.

1. Recognise your feelings.
2. Delay taking action.
3. Pray for guidance.
4. Identify the true cause of your anger.
5. Evaluate whether your anger is legitimate.
6. Determine a course of action.

Therefore, laying aside falsehood, speak truth, each one of you, with his neighbour, for we are members of one another. Be angry, and do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity...be kind to one another, tender-hearted, forgiving each other.”

Ephesians 4:25-27, 32

*“If you do not forgive others their trespasses
(their reckless and wilful sins, leaving them,
letting them go and giving up resentment)
neither will your Father forgive you your trespasses.”*

Matthew 6:15 (Amplified)

